



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231



**Thursday,
September
10th**

Saratoga County Office for the Aging Annual Senior Picnic Saratoga County Fair Grounds

Please join us for an afternoon of good food, music and dancing

Entertainment provided by Mark Hersh

Lunch will be served at 12 noon

*Tickets are available at The Saratoga County Office
for the Aging*

Call 884-4100 for details

Tickets are \$4.00 each and are non refundable



**Chicken BBQ
and refreshments
Rain or Shine**



Living Healthy 6-week Workshop

Feel BETTER, be in CONTROL, do the things YOU want to do.

Discover fresh practical ways to live better & healthier.

FREE to Attend

REGISTER NOW!

REGISTRATION IS REQUIRED TO ATTEND

CALL 884-4110

**TUESDAYS
9:30 am to 12 pm
September 15, 22,
29, October 6, 13, 20**



**Adult and Senior Center
of Saratoga
5 Williams Street
Saratoga Springs, NY**

Participants will receive a FREE Living Healthy Book and Relaxation CD valued at over \$25!

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for September 2014.

Stonequist Apartments	10:00 am - 11:00 am	September 02
Saratoga Springs Senior Center	10:00 am - 12:00 pm	September 14
Moreau Community Center	10:00 am - 11:45 pm	September 15
Raymond Watkin Apartments	1:00 pm - 3:00 pm	September 17
Mechanicville Senior Center	10:00 am - 12:00 pm	September 23
Greenfield Community Center	11:45 am - 12:45 pm	September 24

Need Help Paying for Medicare?

Medicare Savings Programs, also known as Medicare Buy-In programs, are programs that help pay your Medicare premiums and sometimes also coinsurance and deductibles.

Representatives from OFA will be available at the Health Screenings listed above to assist you or you may call 884-4100 to see if you qualify.

Farmer Market

It's that time of the year again! Go to your local Farmer's Market to get high-quality local food and agricultural products direct from the farmers and producers.



Visit <http://www.saratogafarmersmarket.org/> for more information

The farmer market coupons eligibility guidelines are as follows:

You must be a Resident of Saratoga County

60 years of age or older

Income at or below: \$1,815 per month, household of one / \$2,456 per month, household of two

One booklet per family/proxies can not pick up and sign for coupons

Each booklet value is \$20.00 and can be used at participating farmer markets.

Coupons may be picked up at the Office for the Aging 152 West High Street

Ballston Spa 9am to 5pm Monday through Friday 884-4100

Hot Topic from the Helpline

Q: I have been taking Lidocaine patches for years to help my back pain. There has never been a problem getting my Part D plan to cover the patches, and nothing has changed this year in terms of my condition or coverage. Earlier this year, I got a notice from my plan saying that the patches have been denied because of **off-label** use. What does off-label mean, and what can I do to get them covered?

A: There can be several reasons for Part D drug denials. For example, a drug can be denied based on quantity limits (amount you need exceeds the authorized limit), step therapy (you must try a less expensive drug before the more expensive one will be covered), or off-formulary (drug is not on list of covered drugs).

Off-label drug denials are more complex. You may think that because your doctor writes you a prescription to treat a particular condition, you must be using the drug for an approved purpose. However, this is not necessarily the case. This is considered off-label drug use, meaning that the particular reason you use the drug is not an **approved use** by the Food and Drug Administration (FDA). Medicare will only cover drugs that are prescribed for a medically indicated use, meaning that it is FDA approved or listed in one of three Medicare-approved drug compendia. A drug compendia is a medical encyclopedia of approved drug uses.

Off-label means that the particular reason that you are using the drug for has not been approved by the FDA and is not mentioned in a Medicare drug compendia. So although off-label drugs are still legal for a doctor to prescribe and can be helpful in treating your medical condition, Medicare will not cover them.

In terms of your denial, the Lidocaine patches were denied due to off-label use because Lidocaine patches are only approved by the FDA to treat post-herpetic neuralgia, a complication of shingles. This means that the only way Medicare will cover Lidocaine patches is if you have post-herpetic neuralgia. It does not make a difference what Part D plan you have; Lidocaine patches will not be covered unless you have this diagnosis. Although the Lidocaine patches may significantly improve your back pain, Medicare will not cover it since this is not an FDA approved use.

You can request an exception for your plan to cover the patches, but these requests are rarely granted for off-label drugs. Before starting the appeal process, have a conversation with your doctor regarding the denial. You may want to explore other covered prescription drugs.

If you appeal the denial, your first step is requesting an exception to ask your plan formally to cover the Lidocaine patches. Your doctor should write a letter of support, indicating why Lidocaine patches are medically necessary for you, and why other drugs on the formulary would be less effective or even harmful for you. If the plan denies the exception request, you can move on to the formal appeals process.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

Return Service Requested

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U. S. POSTAGE
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Ballston Spa, N Y
Permit No. 5

*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

Time For Fro Yo

Fro Yo-Frozen Yogurt that is. What a nice treat on a hot summer day that, if chosen correctly, can also add nutritional benefits. When frozen yogurt first came out it was considered a healthy alternative to ice cream however in reality many frozen yogurts were high in fat and sugar and did not provide much nutritional benefit over ice cream.

Fortunately things have changed. Frozen yogurts are now available that are made with skim milk which offer a lower fat and calorie profile. Some frozen yogurts are made with Greek yogurt which offers a small protein boost. Many frozen yogurts contain live and active bacteria cultures, one key element that makes regular yogurt so good for you in the first place. These cultures which are also called probiotics provide a variety of health benefits including improved immune health and digestion. Look for the National Yogurt's Association "Live and Active Cultures" seal, as shown, on the package. Also check web sites for nutritional information for yogurts you may try at yogurt shops.



Keep the following tips in mind when choosing your frozen yogurt treat:

-Not Too Hard-If there is an option to have soft or hard serve, choose the soft. Soft serve, which has air whipped into it, will be lighter in weight and lower in calories than the hard scoopable kind.

-Keep Size in Mind-Although portion sizes vary, stick with the smallest size as caloric differences can be substantial. For example a mini size may contain approximately 100 calories whereas a large nearly 400 calories.

-Think About Toppings-Although picking out the toppings for your frozen yogurt treat can be the most fun, the candies and cookies can add as much as seven times more calories than the fruit toppings. Best to load up on the fresh fruit which will provide less calories and added nutrients. A small amount of chopped nuts can also add some healthy fats and good for you nutrients however, calories can add up quickly so keep portions small.

-Consider The Sugar-Although these treats may be yogurt based, they are still sugary and they should be thought of as an occasional treat and not a daily habit. Even though some sugar in these treats can be found naturally in the yogurt (about five grams or 1 ¼ teaspoons per one half cup serving) the rest will be from added sugars. Small servings can contain around five teaspoons of sugar and large up to 20 teaspoons.

-Lower The Fat-If available, choose frozen yogurts that are made with skim milk for less fat and calories. Although we don't always think of the fat in cookies and chocolate, these items can add significant fat, if portions are not kept low.